RED WINGS TAKE 3-1 LEAD OVER HAWKS, PG10

Teach English Overseas!

Spring Course Session:
May 26th-31st (2 spots left!)
United TESOL International College of Teacher Training 562-8370 41 York St.
www.unitedtesol.com

The world's largest global newspaper
metro®
OTTAWA • MONDAY, MAY 25, 2009 metrone

Local pg 2

Over 36,000 runners off to the races this weekend

Car's missing backseat sought in Stafford case

WOODSTOCK The search for the remains of eight-year-old Victoria (Tori) Stafford has entered its sixth day, and Oxford Community Police are asking southern Ontario residents to be on the lookout for the back seat of a suspect vehicle.

On Friday, investigators released photos of a 2003 blue four-door Honda that had been partially spray-painted black. The entire back seat, which is grey and made of cloth, is missing from the vehicle.

Police believe the car, along with the young Woodstock, Ont., girl and her two alleged kidnappers, was at a Home Depot parking lot on the early evening of April 8.

TORSTAR NEWS SERVICES

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters@metronews.ca, metronews.ca or on Twitter @metroottawa.

On metronews.ca

- **Share your SunnySide thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**
- **Enter for a chance to win a Sony Blu-ray player**

Today

- **Anne Hines, on haggling your way into the history books, pg 6**
- **Successes on the environmental front, pg 8**
- **Meet Dino Rossi, perhaps the biggest supporter of Canada's national soccer teams, pg 10**

TRACEY TONG/METRO OTTAWA

Ottawa has a great sense of community, which leads to a desire for donors to support their neighbours, said United Way/Centraide Ottawa president and CEO Michael Allen.

Giving in tough times

TRACEY TONG
tracey.tong@metronews.ca

In uncertain economic times, businesses and individuals may be less willing to invest their money. Fortunately, that doesn't apply to philanthropic causes, said the head of United Way/Centraide Ottawa.

"Charitable gifts can genuinely change or save lives, more so than in prosperous economic times," said president and CEO Michael Allen. "People's ability to give might be affected, but not their desire. If anything, it enhances it. They want to help because they know when economic times are difficult, it has a greater impact on people."

Allen saw it firsthand last week, when the United Way announced that its 2008 campaign exceeded its $31-million goal.

With the government presence, Ottawa is buffered from some extreme challenges that other communities face, but Allen said the charity's recent fundraising success also shows "people don't give because of their feelings about the economy.

"People give because they care about others. They care about the community and want to make a difference and see the impact on other people."

With a population of more than 800,000, Ottawa is very much a big city, said Allen. "Yet it has small-town values that tend to be expressed in a United Way campaign, where people take responsibility for their neighbours, and problems of the community are their problems."

SunnySide

At the United Way, that manifests itself in participation rates and levels of giving, he said. Charities here also benefit from Ottawa's well-educated workforce, especially from its public servants.

How can people give back? The easiest way to help the annual campaign is through workplace campaigns, whether it be contributing to fundraising goals or participating in events, Allen said.

Another way is for retirees to share their skills. The people now entering their retirement years are skilled, financially comfortable, and want to be involved, he said.

While one in three people benefits through the United Way, the charity's work makes a community a stronger and more livable place for everyone.

"When people give to United Way, it makes a statement as to the values we have in the community and that's something that affects everybody," Allen said.

Ottawa among Canada's safest cities: Report

CRIME Although the number of homicides, attempted murders, robberies, and abductions went up in Ottawa last year, the capital continues to be one of the safest cities in Canada, an Ottawa police report said.

In 2008, the city experienced an eight per cent decline in the total number of non-traffic Criminal Code of Canada offences, falling from 44,536 offences in 2007 to 41,056.

These, and other stats will be released when the Ottawa Police Service presents its crime and calls for service data for 2008 to the police services board tonight.

The report includes — for the city and broken down for each of the 23 wards in Ottawa — Criminal Code offences, calls for service received from the public and public survey results.

In addition to the number of crimes dropping citywide, 19 of the city's 23 wards saw fewer offences in 2008, with only Alta Vista, Stittsville-Kanata West, Rideau-Goulbourn and Gloucester-South Nepean experiencing increases.

Property crime also dropped by eight per cent between 2007 and 2008. Break and enters fell 10 per cent; motor vehicle theft, 23 per cent; theft under $5,000, eight per cent; mischief, six per cent; and fraud, two per cent.

There was also an eight per cent drop in assaults, leading to a three-year low in violent crimes, with 672 incidents per 100,000 residents.

TRACEY TONG/METRO OTTAWA

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Police seek woman in engagement ring theft

Ottawa police are seeking a female suspect after a diamond engagement ring was stolen from a jewelry store in downtown's Rideau Centre. A woman entered a store on Thursday and asked to try on rings before running out of the store with a ring valued at over $50,000, police said. METRO OTTAWA

Local

Dinghy found, boaters still missing

Ottawa police yesterday recovered the boat that two missing boaters were last seen in before they disappeared Saturday evening. Police said the craft, a small yellow rubber dinghy, was recovered east of the Deschenes Rapids, but that the search for the boaters, who were last seen at 6 p.m. Saturday on the Ottawa River near Britannia Beach, has concluded unsuccessfully. The missing boaters are both described as Asian males with medium builds. METRO OTTAWA

Veterans win marathon

Former winners claim both crowns in Ottawa event

TRACEY TONG
tracey.tong@metronews.ca

Around the 32-kilometre mark, things weren't looking good for David Cheruiyot.

Already a three-time winner of the Ottawa Marathon, the 39-year-old from Kenya had developed a stitch in his side and fell behind the leaders. But he came back — blowing past the second and third place finishers — to become the second person to win his fourth Ottawa Marathon, with a time of 2:13:23.

"It was hard," said Cheruiyot. "I trained hard for this one. The organizers are great and I like this city." He added that he hopes to come back for a fifth win.

"It was a pleasant surprise to see him come storming back," said Manny Rodrigues of the race's elite athletes division.

The first woman to cross the finish line was Morocco's Asmae Leghzaoui with a time of 2:27:41, beating the course record of 2:28:44, a record she set herself in her 2008 marathon debut. "I'm very happy," said the 32-year-old.

TRACEY TONG/METRO OTTAWA

Ottawa Marathon winners Asmae Leghzaoui (2:27:41) and David Cheruiyot (2:13:23) pose after their respective wins yesterday. Leghzaoui broke the course record she set in her marathon debut last year.

Ottawa's marathon course isn't easy, she said. "The first half is a lot of hills."

Leghzaoui's husband and coach, Mohammad Ar-Ar, said the athlete plans on returning next year and is focusing on the Ottawa Marathon because "we want to fix her name here."

More than 100,000 people came out to watch 36,690 runners take part in seven events over the weekend.

Canadian Lioudmila Kortchaguina finished second in the women's race. Reid Coolsaet was the first Canadian man to finish the race with a time of 2:17:10.

On Saturday, two world records were broken in the 10K. Deriba Merga from Ethiopia broke the 8K world record with a time of 21:48 minutes en route to finishing the 10K race at 27:24.

Orillia's Rick Ball also broke the world record for a single leg amputee with a time of 37:55.

"It is rare that one, let alone two world records are broken at a single race," said race weekend's general manager Jim Robinson. "This solidifies our position as a world-class running destination."

Bringing chamber tunes to the public

SunnySide

STEVE COLLINS
for Metro Ottawa

CONCERT From the first sight of bongo drummers clomping through the halls of the Perez Building on stilts, it was obvious yesterday was no regular day at the University of Ottawa.

The 12th annual Family Music Fair, presented by the Ottawa Chamber Music Society and uOttawa's music department, offered families and especially kids a day of music up close, with more than 100 short concerts and ample chances to chat with the musicians.

> **"The idea is to present chamber music to audiences that might not buy a ticket to a concert."**
> Karen St. Aubin

"The idea is to present chamber music to audiences that might not buy a ticket to a concert," explained Karen St. Aubin, the society's marketing and communications co-ordinator.

This year, cross-town Carleton University also participated, thanks to the Carleton University Balloon Orchestra, who make their music entirely with balloons, drumming on them, filling them with beads and shaking them, deflating them and on and on.

Visitors were invited to try out the "musical petting zoo," to bash on some drums or fiddle with a violin.

"We call it the family music fair, but it's not just for children," St. Aubin said, noting she noticed a number of seniors and couples coming without children.

Of course, there was plenty of kid appeal, like the brass performance of the Ambassador Trio, a.k.a. Don Renshaw, Karen Donnelly and Nigel Bell. Their gig included a musical story featuring Spongebob Squarepants.

The trio, who tour schools as part of the National Arts Centre's outreach program, got big laughs by demonstrating the proper way to get sound out of a brass instrument: pursing the lips for a good loud, rude raspberry.

metronews.ca
What's online today.

Video Postmaster on tricked-out bicycle among the most popular soldiers in Kandahar at **metronews.ca/canada**

Lotteries

Friday, May 22
Lotto Super 7: 1, 12, 17, 19, 25, 31 & 38. Bonus 41.
Saturday, May 23
Lotto 6/49: 7, 8, 15, 24, 27, & 32. Bonus 34.
Sunday, May 24
Ontario Pick 3: 9 9 2; **Ontario Pick 4** : 3 7 1 8
Daily Keno: 4, 6, 12, 16, 17, 18, 22, 23, 24, 28, 31, 32, 33, 35, 41, 44, 45, 46, 69, 70.
Encore: 6022917; These results are not official.

Aboriginal gathering ends

STEVE COLLINS
for Metro Ottawa

WORKSHOP The lighting of a sacred fire yesterday morning signalled the final day of a weekend workshop on Victoria Island, where the Algonquin estimate they've been meeting for 5,000 years.

The gathering marked several occasions, including Aboriginal Awareness Week, International Day for Biodiversity and the 10th anniversary of Algonquin elder William Commanda's Millennium Circle of All Nations Peace Gathering.

Commanda, former chief of the Kitigan Zibi reserve near Maniwaki, presided over the event. The weekend workshop, entitled Sustainable Relationships: Reconciliation and Integration, was steeped in Aboriginal tradition with a sweat lodge ceremony and talking circle.

Among the guests were architect Douglas Cardinal, who has designed a building that would incorporate the remains of the Victoria Island Carbide Mill and house an indigenous peoples' centre.

The centre is part of Commanda's plans for the Asinabka Chaudiere Sacred Site, a cultural, spiritual and educational centre on the island and on neighbouring Chaudiere Island.

"We don't always hear the native voice, and we need to in this country," said workshop organizer Romola Thumbadoo.

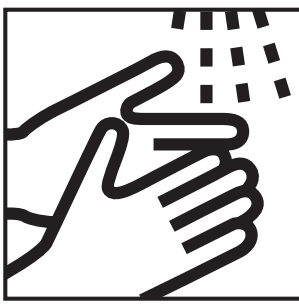
News in brief

ROBBERY Police are investigating after an armed man robbed a Subway restaurant in the 3700 block of Strandherd Road just before midnight Saturday. Police are seeking a black male, 16 to 25 years old, speaking English with an accent.

HELP Several university students and an OC Transpo bus operator came to the aid of a 72-year-old woman after she was pinned under her car Friday night. The woman suffered trauma to her left foot, right knee and a head injury.

STABBING Ottawa police are seeking witnesses after a man was stabbed in the ByWard Market early Friday morning. Police are seeking an English-speaking white male in his 20s, who is six-foot-three, 175 pounds and has a brush cut and a thin chinstrap beard.

TRACEY TONG/METRO OTTAWA



H1N1 Flu Virus: the best way to stay healthy is to wash your hands thoroughly and often or use an alcohol-based hand sanitizer.

For information, visit: **ontario.ca/flu**
Or call **ServiceOntario INFOline at: 1-800-476-9708** | **TTY: 1-800-387-5559**

If you have symptoms, call **Telehealth Ontario at: 1-866-797-0000** | **TTY: 1-866-797-0007**
Or contact your health care provider.

Ontario

Man convicted of war crimes in Canadian court
A Canadian court found Desire Munyaneza, a Rwandan man, guilty Friday of genocide, crimes against humanity and war crimes for his role in the 1994 Rwanda genocide, making him the first person convicted under Canada's war crimes act. REUTERS

Canada

Canadian flight brings flu to UAE

A man who arrived on a flight from Canada has been confirmed as the first case with influenza A (H1N1), also known as swine flu, in the United Arab Emirates, the Gulf state's health minister said yesterday. Hanif Hassan Ali told the state news agency WAM the man was being treated in hospital. "His symptoms have subsided but the treatment will continue for 10 days according to the medical procedure," he said. "Passengers on the same flight have not shown any symptoms." REUTERS

Man gets 2½ years in terror case

TORONTO 18 A Toronto-area man convicted of belonging to a group plotting al Qaida-inspired attacks on Canadian landmarks has been sentenced to 2½ years in jail, the first sentence handed out in the so-called "Toronto 18" case, media reported Friday.

The 21-year-old, who cannot be named as he was tried under youth justice laws, has already spent two years in custody and will likely be released Friday due to credit for time already served, the CBC reported.

One of 18 charged following a 2006 police sting, he was found guilty last year of participating in a terrorist group.

REUTERS

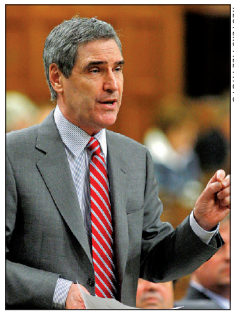
Tories plan EI changes

Opposition wants more, federal source claims

Human Resources Minister Diane Finley is announcing improvements to the employment insurance (EI) program today but it won't be enough to head off a collision with the Liberals that threatens to derail the Conservative minority government and force a spring election.

Finley's initiative is meant to help laid-off workers but a senior government source said it's nothing like the major overhaul of the EI system being demanded by opposition parties.

Liberal Leader Michael Ignatieff has threatened to topple Prime Minister Stephen Harper's government unless the Conservatives reform EI to make it easier to workers who lose their jobs to access insurance payments.



REUTERS FILE PHOTO

Liberal Leader Michael Ignatieff has threatened to topple the Conservatives if EI isn't made more accessible.

The Liberals want the government to establish a national threshold of 360 paid hours of work for workers to qualify for EI during the economic downturn. Currently, depending on where a worker lives, it takes between 420 and 910 hours of paid work to be eligible.

A government spokesperson said yesterday the Conservatives have no intention of meeting that demand. "We would have to raise payroll taxes to do what the Liberals and NDP want and we are not going to do that," the spokesperson said.

And Finance Minister Jim Flaherty yesterday repeated his opposition to a major EI overhaul.

"What Canadians are looking for is a system that works properly," Flaherty said.

TORSTAR NEWS SERVICE

Ensuring meat safety impossible: Union

INSPECTORS Federal meat inspectors are each responsible for monitoring about five plants on average — a workload that makes ensuring safe food impossible, says their union.

In a staffing survey to be released today, the agriculture union says it's impossible for meat inspectors to complete minimum safety tasks in more than two plants.

In Toronto, the Canadian Food Inspection Agency has 34 inspectors assigned to 117 meat production and storage facilities, the union report says.

With leave time factored in, that amounts to 4.6 plants per inspector, the union calculates.

Inspection oversight is similar in three other regions surveyed with the peak workload in Vancouver at nearly six plants per inspector.

"We've shown that it's mathematically impossible for inspectors to do what they've been given to do," said Bob Kingston, president of the union representing CFIA inspectors.

"There are less than 200 meat inspectors in Canada."

TORSTAR NEWS SERVICE

Estimate

- The union estimates inspectors need about 800 hours a year to complete mandatory inspection tasks inside each ready-to-eat facility they oversee.

LOSE WEIGHT.
GAIN CONFIDENCE.
Yes, you can.

Look good. For good. On the Dr. Bernstein diet, you can safely lose up to 20 lbs. every month. Guaranteed. Best of all, no appetite suppressants, exercise or surgery are required to achieve these results. And you'll meet with one of our doctors or nurses at every visit. For over 35 years, we've helped hundreds of thousands of people achieve and maintain their ideal weight. We can help you too. Call us today.

L.G. lost 131 lbs. in 12 months.

1.888.DR.B.DIET DrBDiet.com

Dr. BERNSTEIN Diet & Health Clinics

Several wounded in violence at Sikh temple in Vienna

At least nine people were wounded when armed men attacked a preacher and worshippers in a Sikh temple in the Austrian capital Vienna yesterday, police said. Local authorities and witnesses said the violence involved members of several Sikh temples in Vienna who had been at odds for several years. Police said six people were arrested. REUTERS

World

Kurdish party members held

A pro-Kurdish demonstrator flashes a V-victory sign, left, as he holds up a pair of handcuffs during a protest in the Turkish capital of Istanbul yesterday. Thousands of pro-Kurdish Democratic Society Party supporters gathered in an Istanbul square to protest the detention of 51 party members suspected of having links to the separatist Kurdish rebel group PKK. REUTERS

Israel defies U.S. on freeze

Israeli Prime Minister Benjamin Netanyahu yesterday rebuffed U.S. calls for a full settlement freeze in the occupied West Bank and vowed not to accept limits on building of Jewish enclaves within Jerusalem.

Netanyahu's defiant stance set the stage for a possible showdown with U.S. President Barack Obama, who, in talks with the new Israeli prime minister in Washington last week, pressed for a halt to all settlement activity, including natural growth, as called for under a long-stalled peace "road map."

"The demand for a total stop to building is not something that can be justified and I don't think that anyone here at this table accepts it," Netanyahu told his cabinet, referring to Jewish settlements in the West Bank, an official said.

Benjamin Netanyahu

Netanyahu said Israel had no plans to set up any new West Bank settlements. But he told Obama, according to the official, that his government "does not accept limitations on building" within the Jerusalem municipality. REUTERS

Philippines **12 killed in ferry disaster**

REUTERS/STRINGER

Children play on a submerged ferry after it was towed to the shoreline of Puerto Galera resort in the city of Batangas, in the Philippines yesterday. At least 12 people, including three children and a Japanese tourist, drowned on Saturday when the boat bound for Puerto Galera overturned and sank in rough waters. Another 52 people were rescued and eight are still missing.

Pakistan strikes Taliban militants in northwest

GHALJO Pakistani aircraft bombed Taliban militants yesterday in the Orakzai ethnic Pashtun region, killing at least seven, while soldiers battled insurgents in the Swat region, officials said.

Pakistan, a vital ally of the U.S. as it struggles to stabilize Afghanistan, is engaged in its most concerted effort to roll back a spreading Taliban insurgency. The army launched an offensive this month after militants, emboldened by a peace deal, pushed out of the Swat valley to conquer neighbouring districts.

Government aircraft bombed militant hideouts in three villages over several hours, said a senior government official in the town of Ghaljo. REUTERS

University of Ottawa

$500 entrance scholarships are available for academically-qualified candidates!

Information Session

on advanced learning at the Faculty of Engineering

Meet with professors and program coordinators to explore the many possible avenues that can advance your career.

All professionals, whether starting out or experienced, or wanting to increase their familiarity with a specific industry practice or to become familiar with Canadian practices, can benefit from one of our many graduate degree and certificate programs. As Canada's university, we are committed to offering a high-quality educational experience.

Come join us to explore which possibility fits your needs!

Thursday, June 4, 2009, 5-7 p.m.

School of Information Technology and Engineering (SITE)
Rotunda, 1st Floor Main Entrance, 800 King Edward Ave., Ottawa

uOttawa

RSVP: engineering.liaisonasst@uOttawa.ca
Parking is free in parking lot M. See map:
www.uOttawa.ca/services/protect-f/parking-map.pdf

Information about our graduate degree and certificate programs:
www.engineering.uOttawa.ca

Graduate Degrees and Certificates Offered:

Graduate Certificates in:
- E-Business
- E-Commerce
- Information Technology Project Management
- Internet Technologies
- Modelling and Animation for Computer Games Technology
- Systems Science

Master's Degrees in:
- Advanced Materials and Manufacturing
- Biomedical Engineering
- Chemical and Biological Engineering
- Civil Engineering
- Computer Science
- E-Business Technologies
- Electrical Engineering
- Engineering Management
- Environmental Engineering
- Mechanical Engineering
- Systems Science

Doctoral Degrees in:
- Advanced Materials and Manufacturing
- Chemical and Biological Engineering
- Civil Engineering
- Computer Science
- Electrical Engineering
- Environmental Engineering
- Mechanical Engineering

Home Phone Lines
All Features FREE!

Limited Time Offer

6 Months FREE!

- Satisfaction Guaranteed!
- Keep Your Existing Phone Number!

comwave Enhanced
$14.95/month

All Features FREE
INCLUDING

Caller ID , Call Forwarding,
Voice Mail , Call Waiting
... and much more

comwave Unlimited Canada
$19.95/month

UNLIMITED
Calling to Canada
PLUS
- All Features FREE Including:
Caller ID , Call Forwarding,
Voice Mail , Call Waiting
... and much more

comwave One-Rate
$29.95/month

UNLIMITED
Calling to Canada
and U.S.A.
PLUS
- All Features FREE Including:
Caller ID , Call Forwarding,
Voice Mail , Call Waiting
... and much more

Call Now!!

The Comwave GUARANTEE

- No Matter Where you Call,
- No Matter What you Pay
- Comwave will Beat it...
Guaranteed!

CUBA 85 ¢/min	INDIA 5.9 ¢/min	PHILIPPINES 11.9 ¢/min
Pakistan.....5.9 ¢	Saudi Arabia from 3.9 ¢	Colombia from 3.9 ¢
U.S.A.....2.9 ¢	Iran from 3.9 ¢	Guyana.....27.9 ¢
U.K..... 2.9 ¢	U.A.E.....16.9 ¢	Trinidad..... 7.9 ¢
Israel..... .....2.9 ¢	Sri Lanka.....11.9 ¢	Australia.....2.9 ¢
Bangladesh from 3.9 ¢	Lebanon ..... 9.9 ¢	Nepal from .....7.9 ¢

Even if you're Paying Less Call us and We'll Beat It... Guaranteed!

Call Long Distance Even From Your Cell Phone

comwave

613-216-6100

comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

LOCAL
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

All hail the goddess of shopping

HineSight

Anne Hines

metronews.ca/hinesight

In every age there are certain people who achieve such outstanding excellence in their chosen field of endeavour they become legendary. Shakespeare. Van Gogh. Wayne Gretzky. And, I would add to that list, my mother-in-law, Glenda.

Glenda shops. No, the rest of us shop. We average consumers decide we need something, go into a store, determine if the price is reasonable and buy it. That's shopping. That sort of shopping is to Glenda what a round of miniature golf would be to Tiger Woods.

To Glenda, a garage sale is like shooting fish in a barrel. Glenda big-game bargain hunts. She makes shopping an extreme sport. In her world, store flyers become racing forms. And the "suggested retail price" is merely an opening bid.

Among our circle of friends to "Glenda" a purchase means you talked the seller down to half the ticket price, snagged a gift with purchase and got a voucher for a free lunch. Minimum. She's got membership pricing from stores that don't actually offer memberships.

Recently, I managed a "Glenda." In a local junk store, I spotted three pieces

Sunny Side

of Evesham china. I love Evesham china. I do not own Evesham china because it costs more than china should cost unless it comes with a car or a small country. But I thought, possibly, at junk shop rates, I could afford one piece.

The clerk announced, "We're selling all three pieces together." My heart sank. "And," she said, "the price is seven."

There was a long pause as my brain tried to connect the number seven with anything that made sense in terms of the normal price of these items. Seven camels? Seven years of indentured servitude? Seven years of paying it off on my Visa? Finally, I sputtered, "Seven *dollars?*"

I left the store with that Ikea ad running in my head, "Start the car! Start the car!" raced to Glenda's place and proudly displayed my prize. Her eyes glistened. Then she said what made me realize how truly outclassed I was. "Did you try to talk them down?"

In northern Vietnam there are a people called the Red Daos. Travellers report this tribe has taken the art of haggling to heights unseen in the rest of the world. If some day Glenda goes missing I'll know she's been spirited away, asked to be their queen. But she'll refuse. She'll hold out for goddess.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Changing anything is hardly ever simple

InTransit

Kim Mannix Vermette

metronews.ca/intransit

Last week, the City of Ottawa's transit committee met to discuss Transplan 2009, a report recommending transit route changes that would take effect in September.

The overarching goal of the proposed changes is to make the system "more efficient."

It sounds both positive and simple on the surface, but when you're dealing with a system that affects thousands of riders every day, changing anything is rarely easy — even if the intention is to make it better.

Commenting on route changes that would affect her neighbourhood, Crystal Beach/Lakeview Community Association president Ruth Tremblay told Metro Ottawa that "the city should just leave things the way they are — it's working right now for us, so why change it?"

Certainly the "if it's not broken, don't try to fix it" philosophy was probably on the minds of many of the 2,100 citizens who wrote, emailed and faxed city councillors to express their thoughts on the plan. In fact, 1,650 of those commenting were in clear opposition to the changes.

Opposition doesn't necessarily mean the city nor the transit committee will abandon plans that they hope will build new ridership, and reduce the number of buses that travel through an already congested downtown core.

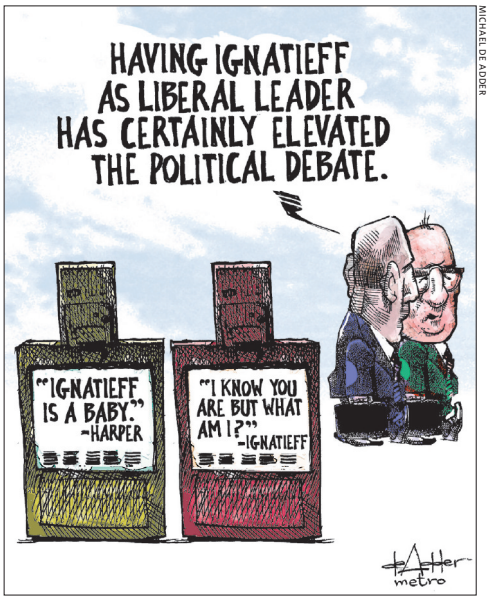
But the fact they are listening closely to concerned citizens suggests the plan has not been drafted hastily.

After hearing loud opposition from members of his community, Orleans Coun. Bob Monette met with transit general manager Alain Mercier, as well as two OC Transpo drivers, to discuss the proposed route changes.

The result was small changes to the plan that will see a new route for the ward, and revised schedules to ease crowded buses.

No matter what ultimately results from Transplan 2009, the changes are sure to please some riders and city residents, and infuriate others.

Lifelong transit rider Kim Mannix Vermette has lived in Ottawa for almost five years. She actually enjoys taking the bus.



MICHAEL DE ADDER

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Every minute of every day, someone needs blood.
If you were the one in need, wouldn't you hope someone was donating for you?
Please call 1 888 2 DONATE ext.222 to book your appointment. You could save up to 3 lives.
Canadian Blood Services
it's in you to give
For more information visit www.blood.ca / give
BLOOD.CA WWW.BLOOD.CA WWW.BLOOD.CA WWW.BL 1 888 2 DONATE

GREECE
5000
years
old
GREECE A MASTERPIECE YOU CAN AFFORD
Mikrolimano Port. Piraeus.
5000 years of seafaring was all that was needed for the sea routes to open for commerce and recreation.
From the Argonauts' expedition and Odysseus' wanderings to a summer cruise to the islands of the Aegean
and the turquoise waters of the Ionian... Greece offers miles of coastline for pleasure and adventure.
www.visitgreece.gr
MINISTRY OF TOURISM - GREEK NATIONAL TOURISM ORGANIZATION
Greece
the true experience

Find cleaning rags around the house

Why buy cleaning cloths and wipes when you can reuse so much of what often goes into the garbage. Old towels and cotton underwear, well washed, make the best cleaning rags. TORSTAR NEWS SERVICE

Going Green

Tree planting tips

If you have a yard, consider planting a deciduous tree on the south side of your lawn to block the sun during the summer, and let in solar energy during the winter when it sheds its leaves. If there's room, plant conifers on the north side to act as winter wind blocks.

TORSTAR NEWS SERVICE

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Environmental success stories

Significant progress has been made on some fronts, leading to optimism for others

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Sometimes threats to the environment we are dealing with these days seem daunting. Global warming, deforestation, polluted air and water … the list goes on.

Certainly these are grave problems requiring international co-operation, however, international co-operation to solve an environmental problem is not without precedent. Although difficult, it has happened on several occasions and threats to the environment have been removed and environmental conditions have improved.

Since your columnists inhabit the Great Lakes area, one of the first to spring to our minds is Lake Erie. In the second half of the 20th century the water quality in Lake Erie declined dramatically due to phosphorus run-off. The high phosphate levels caused eutrophication and resulted in algal blooms. When this algal biomass started to decay it used up a large amount of the oxygen dissolved in the lake's water. The low oxygen concentrations in the water then led to fish kills. The large numbers of dead fish caused water quality to decline still further. At one point, one of Lake Erie's tributaries in Ohio actually caught fire. As you may have guessed, unpolluted water doesn't burn so this was an indication something was very wrong. Lake Erie became so infamous that Dr. Seuss' environmental classic The Lorax originally contained the line, "I hear things are just as bad up in Lake Erie."

Sunny Side

However, in 1972, U.S. Congress passed the Clean Water Act and an agreement was reached between the U.S. and Canada regarding the control of phosphorus entering the lake. Over time water quality in Lake Erie improved. By the mid-1980s, Lake Erie was an entirely different lake. Fish populations rebounded and the lake and its tributaries no longer caught fire.

Another example of international co-operation that has resulted in positive change is the Montreal Protocol. This international agreement concerned the ozone layer and the control of substances such as chlorofluorocarbons (CFCs) that deplete the ozone layer. In 1985, it was reported that the ozone layer, a layer of gas that prevents harmful ultraviolet light rays from reaching the Earth's surface, was significantly thinner and holes in this layer had appeared over the Arctic and Antarctic. CFCs were, amongst other things, used as propellants in aerosol sprays such as hairspray, which people used a lot of in the 1980s.

The Montreal Protocol, which phased out CFCs, was drafted in 1987 and came into force in 1989. Since then, ozone destruction has slowed and some projections have been made that, by 2050, the holes in the ozone layer will have closed up and the ozone layer will have recovered.

Of course Lake Erie and many other lakes in Canada still face damage from nutrients and other forms of pollution, invasive species, and a host of other challenges, and we all still need to slather on the sunscreen, but significant progress has been made on these fronts and should give us encouragement on others.

International co-operation to solve environmental problems is possible the way it exists — all we need is the will.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. VOLUNTEERS MUST BE EMPLOYED AND NOT RECEIVED VENLAFAXINE OR EFFEXOR (XR) IN THE PAST YEAR. Treatment duration is approximately 12 weeks and includes a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

We create greater
success – one relationship and one career at a time.

At Convergys, we've become an innovative global leader, with an impressive Fortune 500 client roster. We make our clients smarter, stronger and more profitable by maximizing their customer interactions and transactions.

Put your strong communication and service skills to work in our state-of-the-art call center environment, offering exceptional phone-based customer support.

Now Hiring for Customer Service Agents, Bilingual Technical Agents, and Bilingual Sales Agents!

Starting as a Customer Service Representative, you will take incoming calls and assist customers on behalf of prestigious well-known companies.

We Offer:

- Outstanding Benefits
- Company Paid Benefits
- Language Premium
- Tuition Reimbursement
- Employee Stock Plan
- Discounted ECOPASS

Apply today!

Walk-ins Welcome!
Monday - Friday • 8:30am - 4pm
1670 Heron Road, Ottawa

Email: Ottawa.recruitment@convergys.com
Fax: 613-667-1100

relationship management

Convergys is an Equal Opportunity Employer.

CONVERGYS

Russian group mulls Facebook investment: Report
A Russian Internet group, Digital Sky Technologies, has offered to invest $200 million US in Facebook in a deal that would value the social networking site at $10 billion, the Wall Street Journal reported Friday. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Outlook for banks muddled

Swollen loan losses, soaring writedowns and slumping profits — it's enough to make even seasoned bank shareholders run for cover.

But with Canadian bank stocks on a rebound since March, wary investors are wondering whether it would be wise to hang on for the long-term or head for the exits while the getting is still good. Analysts appear divided on the issue, but surmise that the upcoming round of second-quarter earnings should provide some sense of direction.

Trouble spots

- The key trouble spots are likely defaults in credit card lending, while commercial mortgages are also expected to show increasing signs of stress.

Banks, meanwhile, are facing a delicate balancing act for the remainder of fiscal 2009. In order to stay profitable, they have to keep loans flowing, while boosting some rates because the recession is rife with risk. At the same time, they must sop up climbing credit losses and maintain plump capital cushions.

While acknowledging that the economic outlook remains murky, bank bulls argue this earnings season marks a turning point. For the first time in about 18 months, those much-maligned capital markets-related writedowns are not expected to eclipse the earnings parade.

The running tally of those charges hit $20.24 billion for the "Big Six" at the end of January. While more writedowns are anticipated for the February-to-April quarter, some analysts suggest this batch of reports could signal those charges are on the wane.

Those in the bear camp, however, are advising caution because bank stocks remain fraught with risks. John Aiken of Dundee Capital Markets has a majority of "sell" ratings on Canadian banks, most because they are bracing for more bad loans as jobs are lost and consumer bankruptcies soar. TORSTAR NEWS SERVICE

Business in brief

METALS Canadian base metals stocks took it on the chin last year, losing more than two-thirds of their value. Now they are back with a vengeance, more than doubling since early March, and analysts say stock fundamentals and the longer-term prospects for economic recovery suggest there's plenty more upside in the sector.

TRADE Canadian wheat and barley will face a major competitive disadvantage in South America unless Ottawa ratifies free-trade agreements with Peru and Colombia, says federal Agriculture Minister Gerry Ritz. REUTERS

ATTENTION SECURITY GUARDS
• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.
For an interview call **613.820.3554** Mon-Fri 9am-5pm

WANTED
Home-Stay Families
Interested in a culturally and socially rewarding opportunity?
We are looking for English-speaking families in Nepean to welcome one or two French Canadian and/or international students aged 15-17 years this summer. Students are coming July 5th to August 6th, 2009 to learn English. Must provide the following:
- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment
- Renumeration provided

For more information contact Penny at:
(613) 294-3995
or email: pennysherwood@rogers.com
CENTRE LINGUISTIQUE DU COLLÈGE DE JONQUIÈRE

HIGHEST CASHABLE GIC RATES
GUARANTEED & SECURE
LIFE INSURERS – 3.75%
vs. BANKS – 1.65%
• Five Year • RRSP Eligible • Deposit Insured
CALL NOW!
*Deposits protected under ASSURIS, Insurers' equivalent to Banks' CDIC. Early redemption fees may apply. Rates subject to change without notice. Source: Cannex Financial Exchanges Limited. Date: April 30, 2009.
613.842.8809
FirstRateInsurance.com
First Rate INSURANCE

This summer, your child can learn
REAL VIDEO GAME PROGRAMMING
Your child or teen loves video games & does well in math without trying. They may have said that they want to design & program video games as a career!
At Real Programming 4 Kids™ your kid can learn the secrets of game design, advanced math & real game programming and have tons of fun!
At RP4K's 6th summer of Ottawa Programming Camps @ Ashbury College we will teach your 9 to 17 year-old
REAL PROGRAMMING LANGUAGES
including; C#, XNA, Visual Basic, Java and C++.
Each student has their own computer and there are never more than 4 kids to an instructor!

Call Real Programming 4 Kids™ (toll free) 1-877-307-3456 and schedule a **FREE NO OBLIGATION TRIAL CLASS**
www.realprogramming.com

Ragweed allergy season is coming.
If your symptoms get you down you may be eligible to participate in a research study of an investigational drug to possibly treat Ragweed allergies.
If you are: In good health • Between 18 & 60 years of age and a non-smoker...
Call now: 613-725-2102 ext. 248
Up to $3000 compensation provided

Newcastle, Middlesbrough relegated

Gloom hung over the northeast of England as Newcastle United and Middlesbrough were relegated on the final day of the Premier League season. Newcastle lost 1-0 at Aston Villa, while Middlesbrough lost 2-1 at West Ham United. West Bromwich Albion were the third team to slip through the trap-door. REUTERS

Sports

Goat Canucks Goat

The Vancouver Canucks' playoff run may have already come to an end, but a charity drive by some of the team's fans just keeps "goating and goating." University students from Langley, B.C., decided to mark the Canucks playoff run this season by donating goats for each win to a village in Kenya. The group spawned a popular Facebook group, which then spawned goatcanucksgoat.com. As a result, 875 goats are now Africa-bound. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Sports in brief

INDY 500 Helio Castroneves capped a perfect month of May with the biggest win of all, pulling away to capture his third Indianapolis 500. Dan Wheldon finished second, while Danica Patrick was third. Paul Tracy of Toronto was ninth and Alex Tagliani of Lachenaie, Que., was 11th.

MEMORIAL CUP The Windsor Spitfires defied the odds en route to their first Memorial Cup championship yesterday, becoming the first team in history under the current format to win the Canadian Hockey League title after starting the tournament with back-to-back losses, beating the Kelowna Rockets 4-1 in the final.

METRO NEWS SERVICES

For a complete recap of last night's NBA playoff action, visit: **metronews.ca/sports**

JIM PRISCHING/GETTY IMAGES

Detroit's Johan Franzen, from left, Henrik Zetterberg, Jiri Hudler, Niklas Kronwall and Brian Rafalski celebrate after Zetterberg's second-period goal yesterday against the Chicago Blackhawks.

Wings trounce Hawks

Stanley Cup
2009 **Playoffs**

(Detroit leads series 3-1)

Detroit 6 **Chicago** 1

Marian Hossa and Henrik Zetterberg each tallied twice as the Detroit Red Wings bashed the Chicago Blackhawks 6-1 in Game 4 of their Western Conference final from United Center.

Valtteri Filppula added a goal and two helpers while Johan Franzen also scored for the Red Wings, who have taken a commanding 3-1 series lead.

Despite the absence of forward Pavel Datsyuk and star defenseman Nicklas Lidstrom to lower-body issues, Detroit will have its first chance to close out the series and advance to the Stanley Cup Finals in Game 5 at home on Wednesday.

METRO NEWS SERVICES

Making a difference

JustSoccer

Ben Rycroft

metronews.ca/justsoccer

It's never been easy to be a soccer fan in Canada. From problems that start with the Canadian Soccer Association, the sport's organizing body, to a lack of mainstream media coverage, to the politics that have crippled the game here — it has left more than a few fans of the beautiful game disenfranchised.

But one man, and a few like him, have taken it upon themselves to start making changes on their own.

Meet Dino Rossi — perhaps the biggest supporter of Canada's national teams today.

Sunny Side

Sick of a lack of promotion for national team games, where only a couple thousand fans would show up, Rossi took it upon himself to become a one-man marketer for the sport.

Using mass emails, from a list of contacts that rivals anything any organizing body in Canada has, he bought and sold (for no profit) 2,000 tickets to the men's national team game against Jamaica last year.

This year, to ensure the women's national team will have a good crowd tonight in Toronto against the U.S., he maxed out his credit card to move around $18,000 worth of tickets. Again for no profit.

So, why does he do it?

"When Canada's national teams play here I want them to feel at home, for it to be an event and have a big crowd for our players — not to just be playing in front of their friends and family," Rossi said yesterday. "The CSA is not a marketing company ... this is a women's game, it should have been marketed where women will be listening."

Dino Rossi

It's the little things that can make a difference.

And fortunately, for the CSA and soccer fans alike, Dino's into the details. He bought seats where the TV cameras will be pointed, "to get better visuals," and prebought seats for Toronto FC supporters so they could sit where they normally do to watch the women play.

But despite months of hard work, he was still sitting on 30 tickets as of Friday — $400 out of pocket.

"I was prepared for it ... I like to think though that if you do good things, good things will happen to you."

By Saturday, good things had happened — a group called up looking for exactly 30 tickets. He still won't break even; interest on his credit card has to be paid.

But the game in Canada continues to grow and it's thanks, in large part, to people like Rossi.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

FIND TRUSTED BUSINESSES
RECOMMENDED BY
METRO READERS

Join our **Metro Readers Community** at **metronews.ca/gigpark** where you can find trusted businesses that other Metro readers recommend such as mechanics, wedding planners, photographers, plumbers, flower shops, and so much more...

The most recommended businesses will be published in Metro.

JOIN GIGPARK & YOU COULD
WIN A 10" EEE PC!

VISIT TODAY!
metronews.ca/gigpark

gigpark™ metro

No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 31, 2009 at 11:59pm. For full contest rules and details, visit www.metronews.ca

GROUPS OF 4 SAVE 10%
Would you like to break the habit for a healthier future?

Ottawa Civic Hospital (across from flower shop)
1053 Carling Ave. 613.884.7867
www.omegalaser.net
OMEGA LASER THERAPY

BDO
BDO Dunwoody Limited

Let BDO help you get on the road to financial stability

- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*

Free Consultation - Convenient, confidential appointments

The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579

*OSB Statistics

Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

www.bdodebthelp.ca

Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Flat tuition a U of T

A proposal to introduce a flat tuition fee at the University of Toronto's arts and science faculty will go ahead as the university's governing council has approved the plan to charge new full-time students at the St. George campus for five courses, regardless of how many they take, beginning in September 2011. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Getting the knots out

Massage therapy a lucrative and relaxing job market

Head to **Toe**

MAT LECOMPTE
for Metro Canada

There should be one word that comes to mind after reading the following job description: "You can work outdoors, year round with your hands, never get dirty or worry about developing chronic back pain."

That word: Lie.

Unless, of course, that statement was written about a massage therapist.

In addition to offering a form of pain-free manual labour, massage therapy offers plenty of financial incentive — the average price for a 60-minute massage is about a dollar a minute — and the option to choose your own hours. From providing spa-powered relaxation to treating sports injuries, massage therapy can be a good career choice for nearly anyone interested in health. Plus, who doesn't like a person who gives a great massage?

David Lamy, instructor and admissions councillor at Toronto's Elmcrest College, says a career in massage therapy offers people a rewarding lifestyle that can begin almost instantly upon graduating from their two-year program.

"Right now, there are more jobs available than there are people to do them," says Lamy, who has been a massage therapist for 11 years. He says this is because the various benefits of massage therapy have become more exposed in recent years and are increasingly recognized by many insurance plans as an essential health service.

In terms of career options, Lamy says there really isn't any avenue you can't pursue as a certified massage therapist.

Take 28 year-old Craig Knight for example. A certified massage therapist, entrepreneur and golf enthusiast, Knight started up a small business called Hands at Work almost immediately following graduation. The business focussed specifically on providing massage services in corporate environments. Basically, he would show up at your office with his massage chair and work his magic on employees.

However, as his business grew, he began to get more and more inquiries about appearing at corporate golf tournaments. Considering he knew quite a bit about the intricacies of golf, he figured he would switch gears and start focusing on a specific niche: Golfers.

GETTY IMAGES

Craig Knight, certified massage therapist, counts PGA Tour pro Rory Sabbatini, seen here, as one of his clients.

"While in school I always believed that it was important to specialize and work within a particular niche market," says Knight. "There are thousands of practising massage therapists and I wanted to find a way to stand out."

He says his "ah-ha!" moment came to him while working a golf tournament and at least one golfer in every foursome he encountered was complaining of some type of golf-related pain. From that experience, he created a new business called TournamentTouch (tournamenttouch.com) that specializes in on-site massage therapy for golfers.

Of course, the golf season in Canada is only a few short months. This winter Knight took a position with Back9Fitness (back9fitness.com) in Fort Worth, Texas. Working with professional PGA Tour golfers like Rory Sabbatini, Jason Bohn and Jason Day, he helped these players in removing the physical barriers that were impacting their play.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

How to Twitter your business to the top

CANICE LEUNG
Metro Canada

If there was any doubt micro-blogging and social networking site Twitter has arrived as a true online force, it will dissappear tomorrow when an estimated 300 people descend upon Mountain View, Calif., for 140: The Twitter Conference.

Over two days at the Computer History Museum, developers, bloggers, the entrepreneurial and PR-types will attend seminars on how to use Twitter to promote businesses.

It's being organized by Parnassus Group, a consulting firm that helps companies track and manage what's being said about them on social media — Twitter, Facebook, blogs, message boards and everywhere on the web.

The Twitter Conference may seem too miniscule topic to base an entire conference around — especially at $395 US a head — but Steve Broback, head of Parnassus, thinks otherwise.

"(Attendees) are Twitter enthusiasts, and want to commune with other early adopters of what is emerging as a pivotal web-based ecosystem," he says — and the way he puts it, it's a broad audience.

In such a connected age, it would be remiss for a company not to represent itself online, especially on Twitter, a format that lends itself to honest, direct conversations — the 21st century version of word-of-mouth.

"As individuals and consumers, we have a lot of power today that we never had in the past. We can share our impressions on anything, just about anywhere online," says Warren Sukernek, director of content marketing for Radian6, a Fredericton, N.B.-based company similar to Parnassus Group. "The really impactful ones (such as) a simple blog post can spread virally like wildfire."

Follow

- To follow the conference in real time on Twitter, go to search.twitter.com and look up #140TC. All attendees, including Metro's own Chris Tindal and Jodi Brown, are marking their posts with that tag.

That's why it's imperative for companies to maintain a strong Twitter presence, build relationships and respond to what's being said about them, he adds.

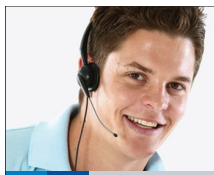
One company that has successfully used Twitter to its advantage is JetBlue Airways (@jetblue). They reports delays, announces fare sales and answers questions all via tweeting.

$20 AVG/HR. POSITION
TRAINING ALLOWANCE PAID DAILY
No Experience Necessary
CALL 1 866-940-0970

SAP BW-BI, BASIS, FICO, HR & ABAP Training
- Certified & Industry experienced instructor-led training
- 100% Career oriented professional training
- 24 hours Remote Server Access
- HRDC/EI Approved
- Provide Job Assistance

FREE Seminar once in every month

ERPMastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953



Open House – 30 positions available
Wednesday May 27th, 8am to 7pm

Bilingual Internet Support Agent

Here is what the position offers:
- Full time permanent position
- $16.50/hour
- Benefits from day one
- Employee discounts
- Schedule: Flexibility between 8am-midnight

Qualifications:
- Basic experience with Router troubleshooting
- Strong knowledge in email configuration and troubleshooting of Outlook, Outlook express, Windows mail and Mac Mail
- In-depth knowledge of modems
- Bilingual in both official languages

Bilingual CSR (Inbound and Outbound)

Here is what the position offers:
- $15.50/hour
- Schedule: Flexibility 8am-9pm (Monday-Sunday)
- Benefits: Medical, Dental, Eye as of day one

On a typical day you will:
- Provide excellent Customer Service
- Take inbound calls
- Make loyalty calls to win back customers

Qualifications:
- Bilingual in both official languages (French and English)
- Customer service or call centre experience
- Excellent problem solving skills

For both positions, must have graduated from H.S. and be flexible with schedules.
Interested? Drop by! No appointment is necessary. Please bring your resume and 2 work references.

Randstad Ottawa
National Capital Contact Centre
52 Elgin Street (at Queen)
T 613.688.5556
E customer.ot@randstad.ca
randstad.ca

randstad
Staffing | Professionals | HR Solutions | Inhouse Services

Kissing at Cannes

Harvey Weinstein pressed Robert Pattinson into service at the Cannes Film Festival suggesting the actor auction off a couple of pecks on the cheek to someone's daughter. The Twilight star obliged, and each kiss ended up raising more than $30,000 US for AIDS charity amfAR. METRO WORLD NEWS

Entertainment

Film option

Jessica Biel is looking to expand her resume. Could a future film include boyfriend Justin Timberlake? "If it was the right thing, yeah, I would love to co-star with Justin," says Biel. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Queen eyes Idol runner-up

MUSIC American Idol runner-up Adam Lambert's performance with rock band Queen on the finale of the TV singing contest this week has the British band thinking about a new frontman.

"Amongst all that furor, there wasn't really a quiet moment to talk," Queen guitarist Brian May told Rolling Stone. "It's not like we, as Queen, would rush into coalescing with another singer just like that. It isn't that easy. But I'd certainly like to work with Adam."

Queen has not had a permanent frontman since the death of Freddie Mercury in 1991. REUTERS

New face of TV sports

Score reality series Drafted seeks fledgling sportscasters

IAN JOHNSTON
for Metro Canada

Finding Canada's next great sportscaster isn't an easy job — even for an expert.

"There's no formula to it," says Derek Snider, sportscaster for The Score and executive producer of its new contest/reality series Drafted: The Search For Canada's Next Sportscaster. "I've personally made some great hires over the years. And some great blunders."

The contest — which begins holding cross-country tryouts in Halifax today — hopes to eliminate that guessing game with a rigorous national audition process.

It all leads to the "final five" contestants, who will duke it out on The Score in a series of "real world" sportscasting challenges. The winner of Drafted will get a one-year contract with The Score.

"We're only hiring one person, but the other final four will hopefully walk away with a great experience they can use in their own careers," says Snider, who has worked at The Score since 1997.

But to begin with, would-be sportscasters across Canada need only fill out a short application via Drafted's website (drafted.ca). Snider says the response so far has been overwhelming.

"It's created quite a buzz. In the first three days, I think we got 550 applicants."

Experience is not a prerequisite for Drafted. Snider says on-air journalists will be considered equally alongside participants with nothing more than a passion for sports for all kinds.

"We have a different way of doing things at The Score. There are those who went the regular channels of school experience and working your way up the ladder. And those who had no education in broadcasting whatsoever, but who live and breath sports," he says. "We're looking for somebody. But we're not sure who that is yet."

Derek Snider, sportscaster for The Score and executive producer of its new contest/reality series Drafted: The Search For Canada's Next Sportscaster.

"We're only hiring one person, but the other final four will hopefully walk away with a great experience they can use in their own careers." Derek Snider

Get drafted

Think you got the stuff to become Canada's Next Sportscaster?

- Go to drafted.ca and fill out an online application. Auditions take place in Ottawa on June 1.

2GO CUSTOM KITCHENS

Kitchen & Bathroom Cabinetry
Computer Aided Design
In-house Consultation
Professional Installation

CALL FOR APPOINTMENT

1123 Newmarket St. Ottawa, On K1B 4N4
www.2gokitchens.ca
www.dynamicspace.com
613.731.8646

Kitchens for every lifestyle

ESTABLISHED & STABLE

2 Billion $ Growing Company
IMMEDIATE OPENINGS!!

Seeking people that are motivated positive and have public relation skills

Average $20 per hour
NO EXPERIENCE REQUIRED
INDUSTRY TRAINING PROVIDED

Weekly bonuses, incentives & residuals payments. Advancement opportunities!! Summer students welcome. Inquire about scholarship programs

To qualify for an interview call
613-321-4278

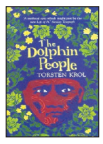
Baby for Bündchen and Brady?
Supermodel Gisele Bündchen is expecting her first child with husband Tom Brady, according to Radar Online. The couple were spotted leaving a gynecologist. **METRO WORLD NEWS**

More Mary Tyler Moore

Growing Up **Again**

Author: Mary Tyler Moore
Publisher: St. Martin's Press
Price: $27.95 (Hardcover)

The celebrity namesake behind The Mary Tyler Moore Show doesn't shy away from disclosing her weaknesses. From the recovering alcoholic introduced in her 1995 autobiography After All, Moore shifts to the struggling Type 1 diabetic in Growing Up Again. The memoir vividly recounts Moore's often-combative attitude toward treating the disease, recalling episodes endured at public events and behind the scenes on her various film and television sets. By candidly sharing her experiences, Moore provides a guide chronicling "what not to do" for fellow sufferers, while sharing the humorous snapshots of her very public life and private loves.



The Dolphin **People**

Author: Torsten Krol
Publisher: McArthur & Company
Price: $24.95 (Paperback)

Hermitic Australian author Torsten Kroll presents an epic tale of post-WWII adaptation in The Dolphin People. Adolescent brothers Erich and Zeppi leave Germany to start fresh in Venezuela with their widowed mother, Helga. When Helga marries her brother-in-law doctor Klaus, her children seem relatively unfazed. But when the family hits a heavy storm while flying to the jungle where Klaus is set to work, their plane crashes into an Amazonas river, forcing them to bond quickly. Rescued by the Yayomi, the family learns to adjust to tribal ways, until the boys discover stepfather Klaus has something to hide.

Memory: An **Anthology**

Editors: Harriet Harvey Wood & A.S. Byatt
Publisher: Vintage Books
Price: $34.95 (Paperback)

What is a civilization without memory? Its absence prohibits us from making historical connections, chronicling change or improving for the future. In the three-part Memory: An Anthology, the mysterious mental power is dissected in a score of essays by a selection of classic and contemporary academics and thinkers. From memory's links to childhood and imagination to its influences in art and science, the collection approaches memory from a plethora of perspectives, intertwined with writings by Shakespeare, Virginia Woolf, Wordsworth and a host of philosophers.

BRIAN COULTON/FOR METRO CANADA

BookPicks

Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning May 22:

1. **Night at the Museum:** $53.5 million US
2. **Terminator Salvation:** $43 million
3. **Star Trek:** $22 million
4. **Angels & Demons:** $21.4 million
5. **Dance Flick:** $11 million
6. **X-Men Origins: Wolverine:** $7.8 million
7. **Ghosts of Girlfriends Past:** $3.7 million
8. **Obsessed:** $2 million
9. **Monsters vs. Aliens:** $1.4 million
10. **17 Again:** $1 million

REUTERS

Kenya's**Style**

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH? WELL HAVE I GOT THE PLACE FOR YOU.
Why don't you drop by Ottawa's **ONE STOP ZONE** for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:
TRAINING (WORKSHOPS)
FILMMAKING EQUIPMENT (CAMERAS & OTHER EQUIPMENT)
SCREENING OPPORTUNITIES (CINEMAS & FESTIVALS)
LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

YOU COULD WIN

IN THEATRES JUNE 19
A DOUBLE PASS TO SEE AN ADVANCE SCREENING OF AWAY WE GO!
ENTER FOR YOUR CHANCE TO WIN!
metronews.ca
ALLIANCE
metro
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes May 28, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/25/09 primetime	265	353	2 TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		The Genius of Photography		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	House "Emancipation"		Bones (HDTV PA)		Hip to Be Holy (N)		News
	-	-	5 SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6 CHRO	The Road to Avonlea		*The Craft* ★★ (1996, Horror) Robin Tunney.				Medium (HDTV) (N)		Comedy Now
	196	311	7 CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Old Christine	CSI: Miami (HDTV)		CTV News
	208	303	8 CBC	22 Minutes	Laughs	*The Englishman's Boy* (2008, Drama) Michael Therriault.				CBC News: The National		The Hour
	-	360	9 NBC	Wheel-Fortune	Jeopardy! (N)	Dateline NBC				Medium (HDTV) (N)		News
	117	713	10 TVA	Les Gags	Laura Cadieux	Ma Maison Rona (SC)		Monk (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Mort*
	-	-	11 QS	Loft Story	C't'une joke	CSI: NY (SC)		Flash Point		Cent dix pour cent (SC)		Loft Story
	137	763	12 TFO	Panorama		Le Trésor		*Lola Montès* ★★★ (1955, Drame) Martine Carol.				Facteur
	-	362	13 CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (HDTV)		Two/Half Men
	216	395	14 OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	TBA
	214	344	15 CITY	Law & Order: SVU		The Bachelorette (N)				Here Come the Newlyweds (N)		CityNews
	115	343	16 CFMT	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18 E!	The Insider (N)	E! News	The Soup (N)	How I Met	My Boys	Engagement	The Best Years (DVS)		News/Eleven
	-	361	20 ABC	Action News	Entertainment	The Bachelorette (N)				Here Come the Newlyweds (N)		News
	512	396	24 CPAC	La Période de questions		Heure polit.	L'Heure politique			Revue		Période-quest.
	651	355	25 CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36 FOX	TMZ (N)	Seinfeld	House "Emancipation"		Bones (HDTV PA)		FOX 2 News (N)		Newsedge
	-	-	64 PBS	Business Rpt.	Wings-Canada	Antiques Roadshow (N)		American Experience (HDTV)		Hallowed Grounds (N)		Charlie Rose
news	205	312	104 CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Old Christine	CSI: Miami (HDTV)		CTV News
	502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
sports	500	500	33 CNN	Lou Dobbs Tonight		Anderson Cooper 360		Larry King Live (N)		Anderson Cooper 360		Cooper 360
	406	417	27 net	Women's Soccer Canada vs. United States. (Live)				Best Damn Sports Show		Sportsnet Connected		Hockey Central
	126	730	28 RDI	24 Heures en 60 minutes		Grands reportages L'or. (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30 TSN	That's Hockey	World Poker Tour			NBA Basketball: Western Conference Final Game 4 -- Lakers at Nuggets				
	410	403	52 SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
family	411	457	56 OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter	Bounty Hunter	Departures
	417	406	59 SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
	554	544	48 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach		Mystery Hnt.
cable variety	570	580	29 MM	The Daily Fix		Ranked!		Don't Forget the Lyrics!		Entourage	Gene Simmons	The Daily Fix
	615	520	31 A&E	Intervention (HDTV)		Intervention "Sandy"		Intervention "Gabe" (N)		Obsessed "Helen; Scott"		Crime 360
	628	584	32 SPKE	UFC Unleashed		UFC Unleashed		UFC Unleashed		4th and Long (HDTV) (N)		Pros vs. Joes
	521	560	34 TLC	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 (N)		Cake Boss (N)	Cake Boss	Jon & Kate
	145	761	35 TV5	Mot de passe		Les Grandes découvertes culturelles				Club social		Journal TV5
	616	521	39 SHO	The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House
	620	523	40 BVO	Dancing on a Shoestring		Mozart Decoded		*Magic Flute Diaries* (2008, Musical) Rutger Hauer.				Law & Order
	520	505	42 DIS	Daily Planet (N)		MythBusters		Dirty Jobs (N)		Canada's Worst Handyman (N)		Daily Planet
	575	583	43 CMT	Cheer Moms	Cheer Moms	Tuckerville (N)	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Greatest
	601	562	45 SLC	Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	My Wardrobe	So Chic	ET Canada
	625	548	46 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Bill Engvall: Your Sign		Daily Show
	294	529	47 TBS	House-Payne	House-Payne	House-Payne	House-Payne	*Men in Black II* ★★ (2002, Comedy)			Seinfeld	Family Guy
	600	564	49 H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Nature Unleashed: Tornado* (2004, Suspense)				Stargate SG-1
	581	566	53 MTV	The Hills	After Show	MTV News	Cribs	College Life	The Hills	The Hills	After Show	MTV Live
	618	524	54 TROP	Vanity Insanity	E News	Carlawood	Prod. Parker	Ground Up		Are You Smarter		Make or Break
	522	506	55 HIS	NCIS "Tribes"		Hero Ships		For King and Country		NCIS "Tribes"		Sea Hunters
	129	773	60 CD	Biographies Pierre Mailloux.		Paradis perdus (HDTV)		Images-chocs		Scènes de crime (HDTV)		National Geo
	261	394	61 V	Murder, She Wrote		Green Grass	May-December	Rabbit Fall	Get-Famously	Twist of Faith	Clergy	Poltergeist
	602	567	62 W	Will & Grace	Friends	How Clean	Kim	Love It or List It		The Agents (N)	House	Maxed Out
	269	350	70 APTN	Notre Peuple		Tam	Pachamama	*Terre sauvage* (1994, Western) Corbin Bernsen.				Tshinanu
	621	527	71 TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Funniest Office Commercials		The Tonight Show-Jay Leno		TMZ
	603	561	95 FN	Chef at Home	Chuck-Day Off	Work for Food	Glutton-Punish.	Food Detective	Get on Plate	Kitchen Nightmares		Restaurant

Half of all Canadians will need blood or know someone who will.

Please call 1 888 2 DONATE ext.222 to book your appointment.

You could save up to 3 lives.

For more information visit www.blood.ca/give

Canadian Blood Services
it's in you to give

BLOOD.CA 1 888 2 DONATE

critics'corner

Tuckerville
Single mom juggles the demands of her career with those of raising children. The single mom profiled in this reality series just happens to be country music star Tanya Tucker. Cameras follow Tucker as she records a new album, deals with business matters and takes care of her children. 8 PM on 43 CMT

Daily Planet
Come back and get to know Ziya Tong, who's been Jay Ingram's permanent co-host since January, replacing Kim Jagtiani. She and Ingram make a great team, and Tong's passion for science is evident in her work both on this show and south of the border on PBS' "Nova scienceNOW." 9 AM on 42 DIS

Hip to Be Holy
In this new documentary, Global anchor Kevin Newman offers a look at the new face of Christianity — evangelical groups that cater to young people with a modern and technology-friendly approach to preaching the Gospel. 10 PM on 3 GTV

Hurley wants a comeback

Elizabeth Hurley is desperate to get back into movies. The actress — who's married to businessman Arun Nayar and has a son Damian,7, from a previous relationship — misses her old career and would love to squeeze a film project into her busy life. FEMALEFIRST.CO.UK

Celebrity Buzz

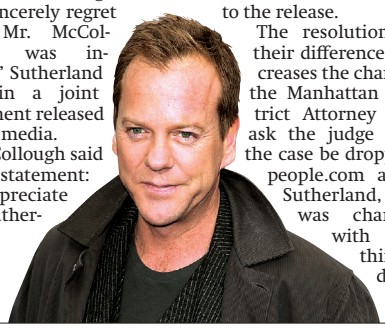
Kiefer's charges could be dropped?

CATCHING A BREAK? Kiefer Sutherland and the alleged victim of a head-butting incident have resolved their differences, clearing the way for an assault charge against the actor to be dismissed, people.com reports.

Sutherland apologized to fashion designer Jack McCollough, who claims the 24 star broke his nose in a scuffle at a New York nightclub on May 5.

"I am sorry about what happened that night and sincerely regret that Mr. McCollough was injured," Sutherland said in a joint statement released to the media.

McCollough said in the statement: "I appreciate Mr. Sutherland's statement and wish him well," according to the release.



The resolution of their differences increases the chances the Manhattan District Attorney will ask the judge that the case be dropped, people.com adds.

Sutherland, 42, was charged with third-degree assault, a misdemeanour. Sutherland's next scheduled court appearance is June 22.

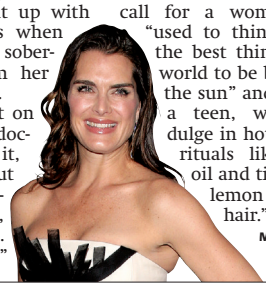
Sutherland, who's currently serving a five-year probation term for a DUI conviction, may not be off the hook with L.A. prosecutors, who've stated their intention to review the New York case as a possible probation violation and could seek possible jail time, people.com reports.

METRO NEWS SERVICES

Sun seeker Brooke reformed

BEAUTY RITUAL She's got one of the most recognizable — and radiant — faces in the world. But years of sun worship caught up with Brooke Shields when she got some sobering news from her doctor recently.

"I had a spot on my face. The doctor scraped it, and it turned out to be precancerous," Shields, 43, tells People. "I was scared."



The actress had the spot removed and says she's doing "fine." But the cancer scare served as a wake-up call for a woman who "used to think it was the best thing in the world to be baking in the sun" and who, as a teen, would indulge in hot-weather rituals like "baby oil and tinfoil and lemon in your hair."

METRO NEWS SERVICES

Hey, paparazzi: Paris' phone lost

UH OH Paris Hilton had a scare while at the Cannes Film Festival last week. The heiress lost her phone, and was seen frantically retracing her steps at the Hotel Du Cap.

"I don't know where or when it went missing but I know I've got to find it," Hilton told the Daily Mail. "It's the worst thing that could have happened. It has all my contacts in it and the last thing I want is for it to fall into the wrong hands."

METRO WORLD NEWS

Mel's strange stress gadgets

COPING MECHANISM Mel Gibson has splashed out $100,000 US on a machine to help him cope with his stressful private life, femalefirst.co.uk reports.

The actor, whose wife Robyn filed for divorce in April, is struggling to cope with the attention surrounding the breakdown of his marriage and has invested in a device to increase positive energy in his body, according to the site.

A source told National Enquirer magazine: "Most people would look at the flow machine and think Mel has lost his mind. You lie on this machine and strap your feet in. The device then emits some kind of torsion field waves that are supposed to unlock clogged energy, which eases psychological tension. It is pretty weird, but Mel swears by it."

The source added: "From telephone healing sessions to therapeutic foot baths, Mel has tried it all. The flow machine is Mel's latest holistic gadget."

METRO NEWS SERVICES

GETTY IMAGES

Justin dumps his roommate

GROWING UP Justin Long was forced to move out of the California home he shared with comedy actor Jonah Hill — after realizing they were acting "like an old married couple," femalefirst.co.uk reports.

Long, now 30, set up a bachelor pad with 25-year-old Hill while they pursued their dreams of making it big as movie stars.

But Long, who's rumoured to be back together with on-off girlfriend Drew Barrymore, flew the nest after a string of nagging fights with Hill over how to keep their house clean.

METRO NEWS SERVICES

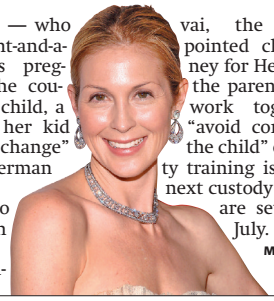
Kelly's custody battle goes down the potty

FAMILY DYSFUNCTION Gossip Girl star Kelly Rutherford and her ex-husband Daniel Giersch continued their custody battle of two-and-a-half-year-old son Hermès at Los Angeles County Superior Court in Santa Monica last Friday, usmagazine.com reports.

The couple — who filed for divorce in January after two years of marriage — is also fighting over a litany of other parenting issues — including when Hermès, who is set to enter preschool this fall, will be potty trained. (Rutherford has also told Us she continues to breastfeed her son.)

Rutherford and Giersch agreed to have their son wear a pull-up diaper and begin potty training when he "desires."

Rutherford — who is about eight-and-a-half months pregnant with the couple's second child, a girl — said her kid began to "change" when his German businessman father tried to potty train him.



Amir Pichvai, the court-appointed child attorney for Hermès, said the parents need to work together to "avoid confusion to the child" on the potty training issue. Their next custody trial dates are set for late July.

METRO NEWS SERVICES

Nigel ignites Dance furor with same-sex remarks

OH NO YOU DIDN'T Nigel Lythgoe is defending his comments against a same-sex dance pair on Thursday night's So You Think You Can Dance premiere, usmagazine.com reports.

The judge sparked outrage after he told male partners Misha Belfer and Mitchel Kibel: "I think you will probably alienate a lot of our audience. I mean, we've always had the guys dance together on the show, but they've never really done it in each other's arms before.

"Do you know what? I'd like to see you both dancing with a girl," he continued.

After the show, he posted on Twitter: "The same-sex ballroom guys did remind me of Blades of Glory. However, I'm not a fan of Brokeback ballroom."

GLAAD president Neil G. Giuliano released a statement Friday: "It's unacceptable for this kind of blatant homophobia to occur. Fox Entertainment and Nigel Lythgoe owe Misha, Mitchel and the whole LGBT community an apology."

Lythgoe stuck by his comments on Twitter, writing in response: "I am very sad the word 'homophobe' is being used.

"That is someone who hates homosexuals. I dislike effeminate dancing! Wake up and listen!"

METRO WORLD NEWS

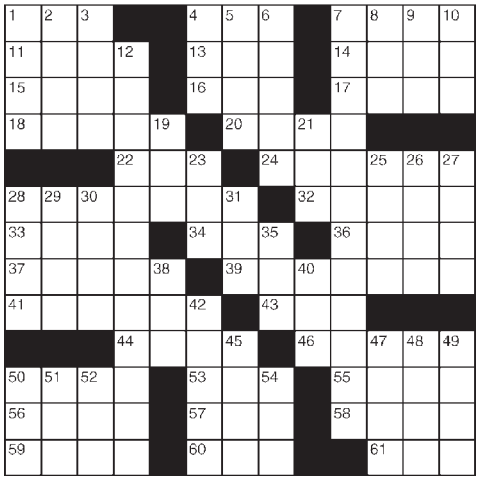
The Weather Network 20 YEARS
©The Weather Network 2009

Today Mainly sunny 17° / 4°
Tuesday Mainly sunny 17° / 6°
Wednesday Showers 40% 18° / 12°

The Weather Network PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 I love (Lat.)
4 Recede
7 Detest
11 Overextended
13 Hair-salon item
14 First victim
15 Afrikaner
16 "— whiz!"
17 57-Across site
18 Confused
20 On pension (Abbr.)
22 Commotion
24 Snapshots
28 Automobile framework
32 Bring forth
33 Sharpen
34 Matlock's field
36 A Great Lake
37 Enola Gay payload
39 Units of measure
41 Pay
43 "Cool!" (Sl.)
44 Furtive call
46 Teeny-tiny
50 Dog bane
53 Pick a target
55 Counterfeit
56 Prison compartment
57 Floral adornment
58 Polynesian carving
59 Serene
60 "— Winterbourne"
61 Favorite

Crossword down

1 Actress Jessica
2 Academic
3 Individuals
4 Omelette necessity
5 "Cheers" order
6 Censor's sound
7 Quickly and in large amounts
8 Homer Simpson's dad
9 Sleuth
10 Wapiti
12 Request for a bribe
19 Billboards
21 Definite article
23 Lubricate
25 Ripped
26 "Grapes of Wrath" type
27 Gets a glimpse of
28 Bloke
29 Vagrant
30 Unsigned (Abbr.)
31 Despondent
35 Marry
38 Clear the tables
40 Prized possession
42 Song of praise
45 Layer
47 Ante, maybe
48 Autumn tool
49 Leave out
50 Media watchdog org.
51 Meadow
52 Right angle
54 Wrong (Pref.)

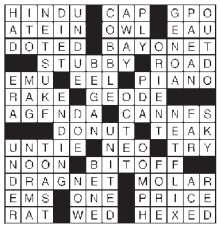
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		2	8		9			
8					2	9		
	7				4		6	
	8			5				3
	6						8	
3				8			9	
	1		6				3	
		5	7					4
			1		3	8		2

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	4	5	7	1	9	8	3	6
6	3	7	8	4	5	2	1	9
9	1	8	6	2	3	5	4	7
8	9	3	1	6	2	7	5	4
4	5	2	3	7	8	9	6	1
1	7	6	9	5	4	3	2	8
3	2	1	4	9	7	6	8	5
5	6	9	2	8	1	4	7	3
7	8	4	5	3	6	1	9	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pepper Steak with Leek Mashed Potatoes

INGREDIENTS:

2 tbsp (25 ml) mixed or black peppercorns, coarsely crushed
4 beef tenderloin steaks, 3/4-in. (2 cm) thick, trimmed
1 tsp (5 ml) extra virgin olive oil
chopped parsley or snipped fresh chives to garnish

LEEK AND MUSTARD MASHED POTATOES:

2 lbs (900 g) potatoes, peeled and cut into chunks
2 tsp (10 ml) extra virgin olive oil
200 g leeks, finely chopped
1/2 cup (125 ml) low-fat milk
1 tbsp (15 ml) whole-grain mustard
1 1/2 tbsp (25 ml) reduced-salt margarine
pepper to taste

METHOD:

1. Place potatoes in pot and pour over boiling water to cover by 2 in. (5 cm). Bring back to boil, then reduce heat and cook for 15–20 minutes or until potatoes are very tender.
2. Meanwhile, spread crushed peppercorns on plate and press steaks into them until coated with peppercorns on all sides.
3. Heat oil for mashed potatoes in nonstick frying pan. Add leeks and cook, stirring constantly 3–5 minutes or until tender. Transfer to plate lined with two layers of paper towel to drain. Heat milk in pot until hot.
4. When potatoes are tender, drain them, shaking colander or sieve to remove any excess water, and return to pan. Pour hot milk over potatoes; mash until completely smooth. Add leeks, mustard and margarine, and season with pepper. Beat well to mix, then cover and keep warm.
5. Heat ridged cast-iron broil pan over high heat until hot. Brush pan with olive oil, then reduce heat to medium-high. Place steaks in pan and cook 3 minutes per side for rare, 3 1/2 minutes per side for medium-rare, 4 minutes per side for medium, 5 minutes per side for well done.
6. Mound potatoes on each warmed plate and place steak next to it. Drizzle pan juices over steaks and sprinkle with parsley or chives. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
This should be a fun time of year for you, so push so-called serious matters aside and seek out people you can enjoy yourself with.

TAURUS ♉
APRIL 21-MAY 21
There's still much you can achieve this year, but to make the most of your talents you need to cut back on your plans. Be selective.

GEMINI ♊
MAY 22-JUNE 21
A new solar year is under way and you have every intention of making it the best one ever. If you can imagine it, you can do it.

CANCER ♋
JUNE 22-JULY 22
The sun is transiting the most thoughtful area of your chart, so just this once look back and wonder how taking a different course would have turned out.

LEO ♌
JULY 23-AUG 23
This is a truly excellent time for friendships, social events and group activities so get out and about and see and be seen.

VIRGO ♍
AUG 24-SEPT 22
Your destiny is in your hands and that's a fact you can no longer deny. Events matter, but how you choose to react to them matters more.

LIBRA ♎
SEPT 23-OCT 23
The sun in Gemini at this time of year encourages you to be more adventurous, and if that means cutting ties that bind then so be it.

SCORPIO ♏
OCT 24-NOV 22
It's no longer a case of "if" you will have to make changes to your financial situation but "when." Think long-term but act soon.

SAGITTARIUS ♐
NOV 23-DEC 21
The sun's transit of your opposite sign of Gemini means partners and loved ones have the upper hand — for the time being, at least.

CAPRICORN ♑
DEC 22-JAN 20
You may be eager to do more and do better but the planets warn you cannot possibly keep up this red hot pace forever.

AQUARIUS ♒
JAN 21-FEB 18
The sun in Gemini makes you eager to get started but your aim today must be to get your priorities straight. Focus comes first.

PISCES ♓
FEB 19-MARCH 20
Cosmic activity suggests something will upset you today. Have a good cry if it makes you feel better. You'll bounce back tomorrow.

OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Dave's DRUM SHOP Inc.
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
Now on your phone
m.davesdrumshop.com

HAKIM OPTICAL
2 pair
HAKIM DESIGNER EYEGLASSES
FROM $199
Including Single Vision and Regular Bifocals. See store for details.
Over 140 Discount Outlets... 100 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

FLIGHT CENTRE Unbeatable
VARADERO 4-STAR
$385*
Tuxpan Hotel
+ taxes & fees $240
INCLUDES roundtrip airfare, transfers and 7 nights
4-star all-inclusive accom. Departs Jun 8/swg/wg.
1 866 720 4853 | flightcentre.ca
Conditions apply. *Ex: Montreal. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

Fences

- Wood Fences
- Iron Fences
- PVC Fences
- Chainlink Fences

Decks

- Wood Decks
- PVC Decks
- Fascia
- Skirting
- Steps
- Overhead Features

Railings

- Wood Railings
- Iron Railings
- PVC Railings
- Aluminum Railings

Gates

- Arbours
- Walk Gates
- Double Gates
- Industrial Gates

Info

- More Fencing Info
- Warranties
- Do-It-Yourself
- Get a Price
- About Fence-All

Call 613-736-1122

Ask about our 100% FREE Estimates - No Strings or Obligations Attached

Fence-All

"For all your fencing needs"

613-736-1122

4' X 10' ALL BLACK DOG KENNELS

$550

WWW.FENCEALL.COM